



A New Body Lifestyle

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HERBS for EYE CARE, TIPS & OTHER VISION TRAINING TOOLS

AEROBIC VISION TRAINING GLASSES W/ INSTRUCTION MANUAL

SECRETS OF SEEING WITHOUT GLASSES OR CONTACTS

A 51-page book of vision training exercises.

NEW BODY PRODUCTS HERBAL FORMULATIONS FOR EYES

(Contains Vegcaps[®] capsules) visit www.acwbinc.org for prices

CKLS

(Colon, Kidney, Liver, Spleen)

It is said that all sickness/dis-ease begins in the colon & spreads to other parts of the body. Herbal formula **CKLS** was created to eliminate/rid & stop all problems of the **Colon, Kidney, Liver & Spleen**, and other organs that build-up toxins. **CKLS** eliminates stress, headaches, mucus build-up, tiredness, worms, colon pockets, harmful bacteria, flatulence, and constipation. The ingredients include: Aloe Vera Resin, Camomile, Chaparral, Mullein, Uva Ursi, Cayenne, Fenugreek, Cascara Sagrada, Dandelion and Eucalyptus.

FREED-OM

A blood cleanser. The ingredients include: Golden Seal Root, Dandelion Root, Garlic, Burdock Root, Chaparral, and Capsicum.

EY-E

Herbal formula used to stimulate the liver, clean the blood plus relieve the conditions that effect clarity of vision and thought. EY-E is rich in Vitamins A, B-complex, C & E, contains iron, silicon, iodine, copper, zinc. Used for: All eye ailments, blood cleanser, colds, memory, stimulates liver, eye wash, cataracts, diabetes, inflammations and hay fever. The ingredients include: Raspberry, Eyebright, Golden Seal Root, BayBerry Bark, Fenugreek, Slippery Elm and Capsicum.

EYEBRIGHT

Used for: All eye ailments, cataracts, diabetes, hay fever and as a eye wash.“



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The EYES

In the book Forever Young by Dr. Paul Goss, N.D., M.T., the eyes are organs of sight that are constructed like a camera being extremely intricate and efficient.

The eyes occupy the anterior part of the frontal cavity in the skull. They are composed of three layers: cornea, iris and retina. The cornea fits into a white membrane called the sclerotic coat and is transparent. The iris is a colored circular membrane with a centrally perforated area called the pupil. The retina is a delicate, transparent membrane containing the end of the optic nerve. The vitreous humor is a body that makes up four-fifths of the entire eyeball being transparent, slightly yellow and curves out on each side. The space between the cornea and lens is divided by the iris into two chambers which contain the aqueous humor, the anterior and posterior chambers. The front of the eye is covered by a mucous membrane called the conjunctiva and posteriorly by a fibrous capsule.

The eye is moved by muscles that are attached to the outer surface. The pupil is dilated by the action of dilator and constrictor fibers in the iris while the curvature of the lens is changed by the ciliary muscle.

Actually, one does not "see" with the eye, however by the nervous system and brain involving the optic nerve. The retina serves to convey images onto the optic nerve while the lens focuses objects onto the retina with muscles controlling the lens.

It is said that our eyes are "The Windows and Mirrors To The Soul." They provide external site or vision, internal sight or insight, and third sight or foresight. Your body will always have one of these. Vision gives you the ability to see those things outside of your body. It carries conscious information, and one finds knowledge here.

Insight is your psychic, spiritual, discipline, and body control. Here, one discovers wisdom. When you use your third sight (eye) the mystic world unfolds hidden and protected knowledge about adrenal secretions, melanin, pigment, air, water, blood, chakras, identity, etc. You are able to see very, very clearly with nobody dictating to you. One finds understanding. If the brain does not compute vision from the eyes, it becomes necessary for insight and third sight to make up the difference.

Consuming animal based dairy products could result in loss or vision impairment. Animal based dairy products clog the ascending lobe of the colon located along the lower right abdominal wall that feeds the eyes. (see "*Dairy Foods* Article) When having your eyes examined, an individual may wind up wearing glasses. Eyeglasses do not correct your vision; on the contrary, eyes become weaker. As a result, one must renew their prescription with stronger eyeglasses every year while unknowingly destroying the eyes.

If you wear eyeglasses, one can easily test if you really need them. Take something that is dark on the inside, i.e.. a film canister. Put a hole in the bottom, place it up to your eye, look through

it and your vision is to be better than eyeglasses. If true, you don't need eyeglasses, and there is no physical problems with your eyes. One needs to clean out their colon by using the *New Body 7 Day Cleansing* process, begin vision training exercises and utilizing suggestions listed in the **HERBS for EYE CARE, TIPS & OTHER VISION TRAINING TOOLS** catalog.

Although one may not wear eyeglasses, sometimes your sight will get hazy and dim. One may wonder what is wrong with their eyes knowing they have good eyesight. However, when you go to the bathroom, have a bowel movement and one may notice that their vision clears up. What happened was you relieved the pressure in the lobe that feeds your eyes. If you had gone to get your eyes examined instead of going to the bathroom, you probably would have been told to that you need glasses.

One can use the sun to strengthen your eyes. If you wear eyeglasses, remove them and blink your eyes while looking at the sun. Do this in the morning and evening. Furthermore, if you use eyeglasses, your eyes will begin to strain when wearing them. If one does not wear glasses, then this exercise is a good preventative method.

It's not enough to keep the lobe that feeds your eyes clean; one must eat the foods that feed the crystal, which protects the eye everyday. Therefore, you must feed your melanin crystals everyday by replacing all junk foods (non-foods) with LIVE foods - organic fruits and vegetables, whole grains, raw nuts and seeds; drinking a gallon of spring water a day, and consuming herbs - *New Body Formulas CKLS (Colon, Kidney, Liver & Spleen - containing Aloe Vera Resin, Chamomile, Chaparral, Mullein, Uva Ursi, Cayenne, Fenugreek, Cascara Sagrada, Dandelion and Eucalyptus)* and **E-YE** (containing Raspberry, Eyebright, Golden Seal Root, BayBerry Bark, Fenugreek, Slippery Elm and Capsicum). A good way to improve poor vision and protect good vision is to have a **Comprehensive Lifestyle Assessment (CLA)** that includes an Iridology and Rayid Reading, Nutritional Consultation on an annual basis.

Bibliography

TAKE OFF YOUR GLASSES AND SEE - A Mind/Body Approach to Expanding Your Eyesight Insight ISBN# 0-517-88604-9 by Jacob Liberman, O.D., Ph.D.

HELP YOURSELF TO BETTER EYESIGHT A 218 pg. Book for a complete program of eyesight improvement and a way to achieve more lasting results to help eliminate eyeglasses or the need for surgery naturally.

20/20 IS NOT ENOUGH ISBN# 0-394-57103-7 by Dr. Arthur S. Seiderman & Dr. Steven E. Marcus, An astonishing and inspiring book that reveals the nature of vision. Exposes the critical need for holistic vision-testing, and introducing new, effective treatment that can dramatically improve the vision of millions.

Forever Young & The ReBirth of Gods by Dr. Paul Goss, ND, MT; 800-638-HERB

NARIAL NASAL CUPS or NETI POTS w/ Instruction book, pictures and exercises. A small ceramic or plastic cup/pot w/ a narrow spot for cleansing nasal/sinus passages, dissolving mucous, washing away pollens & environmental contaminates out of nasal passages. Also assists in improving vision.